

2024-2025 Jr. Southeast Conference Girls' and Boys' Basketball rules

The only case where 7th graders may play on the 8th-grade team would be if there is no 7th-grade team due to numbers. If numbers are so low that only 1 team can be made, it must be an 8th-grade team as 8th-graders cannot move down to play. If 6th graders are needed to make a 7th-grade team, that may also be done. No athlete may be cut from a team to make room for a player of a lower grade. Grade-level athletes should be given priority for playing time.

* Other than the rules stated below, WIAA rules shall apply.

Conference Participation Rules:

1. It is expected that no one player plays more than 15 minutes in the first half and all athletes play a minimum of 8 minutes in the first half. There are no restrictions in the second half, however, since we are a league with a philosophy of teaching and growing young players, giving all players some minutes in the second half would be in the best interest of maintaining that philosophy.
2. All eligible players must play in the first half. Minimum of 8 minutes. Stoppage of play (**subs only – no coaching**) at about 3:00 remaining of the first half, if necessary, at a time where neither team is determined to have an advantage during play. This should be signaled with a horn and stoppage of time by the scorers table. This is not a “time out”. Subs only, not instructional time for coaches. **Failure to play all players is a Technical Foul for each child and s/he/they play the first 2 min. of the 3rd quarter.**

Conference Press Rule:

1. Any team that is ahead by 15 points or more is not allowed to press. If the lead drops below 15 at any time, the press may then be applied again until a 15 point lead is reached. Coaches' discretion should be used once a lead is considered “out of reach” as to the use of any trapping half-court defenses.

General Play Rules:

1. Tech fouls will be 2 points (no free throws) and possession for the opposing team.
2. 5 timeouts per game. 2 – “30” second and 3 – “full” timeouts. Play may be stopped with no charged timeout FOR SUBSTITUTION ONLY at approximately 3:00 of the first and second quarters with no charged timeout.
3. We will play 2 18 minute halves, with a running clock. The clock will stop on all whistles under 2 minutes in each half. Halftime is 5 minutes. Overtime is 2 minutes. Each team is entitled to one additional 60-second time-out during each extra period.
4. Warm-up time is 10 minutes unless otherwise agreed by both coaches. The home team will provide 6 warm-up balls for each team.
5. If necessary, the visiting team will wear pinnies.
6. Supervise your athletes at all times. Seat them in the bleachers and do not allow them to leave the gym. Clean up your bench area of water bottles etc.
7. **Be a good role model. Be positive and do not argue with or disrespect the officials. One technical foul on a coach results in the “seatbelt rule” - you may not get off the bench. A second technical foul on a coach results in the coach being removed from the gym.**